# Saint Bridget High School Youth Ministry

# 2025-2026

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The Ministry of Catechesis

*Quite early on, the name catechesis was given to the totality of the Church's efforts to make disciples, to help people believe that Jesus is the Son of God so that believing they might have life in his name, and to educate and instruct them in this life, thus building up the Body of Christ (Catechism of the Catholic Church no. 4).*

The ministry of catechesis helps adolescents develop a deeper relationship with Jesus Christ and the Christian community and increase their knowledge of the core content of the Catholic faith. The ministry of Catechesis also helps young people enrich and expand their understanding of the Scriptures and the sacred tradition and their application to life today and live more faithfully as disciples of Jesus Christ in their daily lives, especially through a life of prayer, justice, and loving service. Genuine faith is a total response of the whole person—mind, heart, and will. The ministry of catechesis fosters growth in Catholic faith in all three dimensions—trusting (heart), knowing and believing (mind), and doing (will). The goal should be to have all Catholic youth involved in some program of catechesis. (USCCB)

**St. Bridget High School Youth Ministry is based on four foundational pillars: Community, Word, Worship and Service**. ***Community*** refers to the experience of fellowship and fun our youth have when they come together as a group. ***Word*** is the knowledge aspect of our faith, learning what we believe so we may better apply it to our lives, sharing the life-giving truth of the Gospel in a small group-based model. ***Worship*** is what is due to God and the avenue in which we meet freedom. We come to freely be ourselves in the presence and worship of God. ***Service*** is the response, the sending.

By coming together under the banner of his name regularly, we discover the riches of the faith to be ours. We joyfully worship Him who made us, sustains us and sends us out to others: to announce the Gospel and proclaim the kingdom, by our words and by our actions, transformed in the fire of his Sacred Love.

# High School Youth Ministry Schedule

**DAILY BREAD SUNDAYS:** High School youth will gather in Church Hall to learn and grow deeper in our relationship with God. We will meet in Church Hall from 12:30 pm until 2:00 pm.

Our program is a non-classroom format that is both engaging and relevant to High School youth. Curriculum and resources for study will be discussed with youth and will follow the publications of the United States Conference of Catholic Bishops.

**August**

17 – Parent + Youth Orientation

24 – Daily Bread 1

30 – No Class

**September**

7 – Daily Bread 2

14 – Parish Picnic and Ministry Fair

21 – “To the Heights” (afternoon outing)

24 – Cardboard Box City Event

**October**

5 – Daily Bread 3

12 – No Class

19 – Daily Bread 4/Adoration

(6:30 pm – 8:00 pm)

**November**

2nd – No Class

9 – Daily Bread 5

16 – Daily Bread 6/Adoration

(6:30 pm – 8:00 pm)

**December**

7 – Daily Bread 7

13 – Christmas Sharing Event and Party

**January**

4 – No Class

11 – Daily Bread 8

18 – No Class

24-25 (Pro – Life Event)

**February**

1 – Daily Bread 9

8 – Daily Bread 10

15 – No Class

20 – 22 (Diocesan Youth Conference)

**March**

1 – Fellowship Gathering

8 – No Class (Spring Break)

15 – Daily Bread 13/Adoration

(6:30 pm – 8:00 pm)

29 – No Class (Palm Sunday)

**April**

5– No Class (Easter)

12 – Daily Bread 14

Virginia Pro-Life Day (TBD)

**May**

Easter Revival (BSOR)